PCT/EP2004/011682

CLAIMS

WO 2005/053419

1. A method of dispensing a food product comprising filling a container with a food product, 5 transporting the container from the site of filling to a site at which the food product is to be dispensed, locating the container in a dispensing apparatus, and discharging food product in the container through an outlet of 10 the container, characterised in that the container has at least two compartments (A) and (B), said compartments being gastighlty separated from each other by an at least partially movable wall, compartment (A) containing a propellant and compartment (B) 15 containing the food product, compartment (B) being provided with a valve.

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- 2. A method according to claim 1 characterised in that the filling of the container takes place by introducing the propellant into compartment (A), up to where a gauge pressure of between 1 bar and 10 bar is reached, then the food product is introduced into compartment (B) until a gauge pressure of between 5 bar and 12 bar, preferably above 8 bar, is reached.
- 25 3. A method according to claim 1 wherein wherein the food product is an ice cream product containing freezing point depressants in an amount of between 20% and 40% w/w, preferably above 25%, and between 0% and 15% fat, preferably between 2% and12%, the freezing point depressants having a number average molecular weight <M>n following the following condition:

 $< M >_n = < -8 FAT +330$

Wherein FAT is the fat level in percent by weight of the product.

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4. Method to claim 3 wherein the freezing point depressants are made at least a level of 98% (w/w) of mono, di and oligosaccharides.

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